

What is claimed is

1. An extendable and retractable support comprising:
 - a body including a longitudinal axis;
 - an arm attached to the body and extendable to an extended position;
 - a leg attached to the body and extendable to an extended position; and
 - a biasing member linked to the arm and leg and operable to simultaneously move the arm and leg.
2. The support of claim 1 further comprising a locking mechanism operable to retain the arm and leg in the extended position.
3. The support of claim 1 further comprising an actuating member attached to the body and operable to move the arm and the leg.
4. The support of claim 1 wherein the arm and leg are retractable to a retracted position.
5. The support of claim 4 wherein the retracted position includes the legs positioned substantially parallel to the longitudinal axis.
6. The support of claim 4 wherein the retracted position includes the arms and the legs positioned substantially parallel to the longitudinal axis.
7. The support of claim 1 wherein the extended position includes the leg positioned at a non-zero angle less than 90° to the longitudinal axis.
8. The support of claim 1 wherein the extended position includes the arm positioned perpendicular or substantially perpendicular to the longitudinal axis and the leg positioned at a non-zero angle less than 90° to the longitudinal axis.

9. The support of claim 1 further comprising a leg attachment assembly operable to move a plurality of legs.
10. The support of claim 1 further comprising an arm attachment assembly operable to move a plurality of arms and a leg attachment assembly operable to move a plurality of legs.
11. The support of claim 4 wherein the biasing member is operable to bias the arm and leg to the retracted position.
12. An extendable and retractable support comprising:
- a body having a longitudinal axis and including an outer tube having a top and an inner tube disposed within the outer tube and moveable within the outer tube;
 - an arm attachment assembly including a fixed arm ring attached to the outer tube and a moving arm ring attached to the inner tube and moveable relative to the outer tube wherein the arm attachment assembly is operable to move an arm to an extended position as the inner tube moves;
 - a leg attachment assembly including a fixed leg ring attached to the outer tube and a moving leg ring attached to the inner tube and moveable relative to the outer tube, wherein the leg attachment assembly is operable to move a leg to an extended position as the inner tube moves;
 - and
 - a lock mechanism operable to retain the arm and leg in the extended position.
13. The support of claim 12 wherein:
- the arm attachment assembly is operable to move the arm to a retracted position as the inner tube moves, and
 - the leg attachment assembly is operable to move the leg to a retracted position as the inner tube moves.

14. The support of claim 12 wherein the arm includes a straight or substantially straight arm body.
15. The support of claim 12 wherein the leg includes a straight or substantially straight leg body.
16. The support of claim 12 wherein the moving leg ring surrounds a portion of the outer tube.
17. The support of claim 12 wherein the moving leg ring and the moving arm ring surround different portions of the outer tube.
18. The support of claim 12 wherein:
- the arm attachment assembly and the leg attachment assembly are operable to simultaneously move their respective arm and leg to a retracted position as the inner tube moves, and
 - the body includes a bias member disposed between the inner tube and the outer tube that is operable to bias the arm and leg to the retracted position.
19. The support of claim 12 wherein the lock mechanism includes:
- an actuating tube operable to move the inner tube,
 - a locking portion in an actuating slot formed in the outer tube, and
 - a lock pin attached to the actuating tube and extending into the actuating slot, wherein the actuating slot is oriented on the outer tube such that the pin moves within the slot as the actuating tube moves along the longitudinal axis relative to the outer tube and the lock pin contacts a slot edge to retain the arm and leg in an extended position.
20. An arm attachment assembly comprising:

- a moving arm ring including a central longitudinal axis and an arm attachment portion, wherein the ring is attachable to an inner tube and an arm is pivotally attachable to the arm attachment portion;
- a fixed arm ring attachable to an outer tube and having an arm-link-attachment portion;
- an arm link having an arm end pivotally attachable to an arm and a ring end pivotally attachable to the fixed arm ring.
21. The arm attachment assembly of claim 20 further comprising an arm that includes an attachment end pivotally attached to the moving arm ring and an arm body pivotally attached to the arm end of the arm link.
22. The arm attachment assembly of claim 20 wherein the moving arm ring is pivotally attachable to two arms.
23. The arm attachment assembly of claim 20 further comprising a second arm link having an arm end pivotally attachable to a second arm and a ring end pivotally attachable to the fixed arm ring and wherein the moving arm ring is pivotally attachable to two arms.
24. The arm attachment assembly of claim 20 wherein the moving arm ring includes two arm attachment portions spaced or approximately spaced 180 degrees apart as measured from the central longitudinal axis.

25. A leg attachment assembly comprising:

- a moving leg ring including a central longitudinal axis and an leg attachment portion, wherein the ring is attachable to an inner tube and a leg is pivotally attachable to the leg attachment portion;
- a fixed leg ring attachable to an outer tube and having a leg-link-attachment portion;

- a leg link having a leg end pivotally attachable to a leg and a ring end pivotally attachable to the fixed leg ring.
26. The leg attachment assembly of claim 25 further comprising a leg that includes an attachment end pivotally attached to the moving leg ring and a leg body pivotally attached to the leg end of the leg link.
27. The leg attachment assembly of claim 25 wherein the moving leg ring is pivotally attachable to two legs.
28. The leg attachment assembly of claim 25 further comprising a second leg link having leg end pivotally attachable to a second leg and a ring end pivotally attachable to the fixed leg ring and wherein the moving leg ring is pivotally attachable to two legs.
29. The leg assembly of claim 25 wherein the moving leg ring includes two leg attachment portions spaced or approximately spaced 90 degrees apart as measured from the central longitudinal axis.
30. A method for support comprising:
moving an arm attachment assembly attached to a body and a leg attachment assembly attached to the body wherein an arm and a leg are moved to an extended position;
locking the arm and leg in the extended position; and
placing the leg and body on a surface such that the arm is suspended above the surface.
31. The method of claim 30 further comprising moving the arm attachment assembly and the leg attachment assembly wherein an arm and leg are moved to a retracted position.

32. The method of claim 30 wherein the moving arm attachment assembly and leg attachment assembly includes moving a moving arm ring and a moving leg ring toward a respective fixed arm ring and fixed leg ring.
33. The method of claim 30 wherein moving the arm and leg attachment assemblies includes pushing an actuating member.
34. The method of claim 30 wherein locking the arm and leg in an extended position includes rotating an actuating member relative to the body.